

IN THE CLAIMS:

Claims 1-12 (Canceled).

13. (New) A sandwich made from at least two slices of baked bread, said sandwich comprising first and second matching bread pieces each having a central portion and an outer perimeter edge, said bread piece being at least partially sealed by a sealing region, and a central food mass having an outer peripheral edge and positioned between said central portions of said bread slices and spaced inwardly of said sealing region, said food mass including a layer of a second food spread substantially encapsulated between a first and third layers of a first food spread, said first and third layers of said first food spread have a lower water activity than said layer of said second food spread, said sealing region being spaced inwardly of said outer perimeter edge of said first and second slices of said bread and outwardly of said outer peripheral edge of said central food mass, said outer perimeter edge of said first and second slices of said bread being less compressed than at least a portion of said sealing region.

14. (New) The sandwich as defined in claim 13, wherein said first and third layers of said first food spread include a nut butter and said second layer of second food spread includes jelly.

15. (New) The sandwich as defined in claim 13, wherein said sealing region includes a plurality of depressions in at least one of said slices of bread.

16. (New) The sandwich as defined in claim 14, wherein said sealing region includes a plurality of depressions in at least one of said slices of bread.

17. (New) The sandwich as defined in claim 15, wherein said depressions are generally spaced an equal distance from one another.

18. (New) The sandwich as defined in claim 16, wherein said depressions are generally spaced an equal distance from one another.

19. (New) The sandwich as defined in claim 13, wherein said sandwich has a substantially circular shape.

20. (New) The sandwich as defined in claim 18, wherein said sandwich has a substantially circular shape.

21. (New) The sandwich as defined in claim 13, wherein said first and second slices of bread are substantially crustless.

22. (New) The sandwich as defined in claim 20, wherein said first and second slices of bread are substantially crustless.

23. (New) The sandwich as defined in claim 13, wherein said at least partially sealed slices of bread are contained in a substantially air tight package.

24. (New) The sandwich as defined in claim 22, wherein said at least partially sealed slices of bread are contained in a substantially air tight package.

25. (New) A method of making a sandwich from two slices of bread, said method comprising:

(a) selecting a first slice of bread having an outer perimeter edge;

(b) forming a food mass having an outer peripheral edge on said first slice of bread, said food mass spaced inwardly from said outer perimeter edge of said first slice of bread, said food mass includes a layer of a second food spread substantially encapsulated between a first and third layers of a first food spread;

(c) placing a second slice of said bread having an outer perimeter edge over said first slice to cover said food mass; and,

(d) pressing a region spaced inwardly of said perimeter edge of at least one of said bread slices to form a sealing region spaced from said outer perimeter edge of said first and second slices of bread, said sealing region at least partially sealing said food mass between said first and second slices of said bread, said outer peripheral edge of said food mass being spaced from said sealing region, said sealing region substantially absent said food mass, said outer perimeter edge of said first and second slices of said bread being less compressed than at least a portion of said sealing region.

26. (New) The method as defined in claim 25, wherein said first and third layers of said first food spread have a lower water activity than said layer of said second food spread.

27. (New) The method as defined in claim 25, wherein said first and third layers of said first food spread include a nut butter and said layer of said second food spread includes jelly.

28. (New) The method as defined in claim 26, wherein said first and third layers of said

first food spread include a nut butter and said layer of said second food spread includes jelly.

29. (New) The method as defined in claim 25, wherein said step of pressing includes forming a plurality of depressions in said sealing region in at least one of said bread slices, said plurality of depressions being spaced from said outer perimeter edge of said bread slices.

30. (New) The method as defined in claim 28, wherein said step of pressing includes forming a plurality of depressions in said sealing region in at least one of said bread slices, said plurality of depressions being spaced from said outer perimeter edge of said bread slices.

31. (New) The method as define in claim 29, wherein said depressions are generally spaced an equal distance from one another.

32. (New) The method as define in claim 30, wherein said depressions are generally spaced an equal distance from one another.

33. (New) The method as defined in claim 25, wherein said step of forming a food mass on said first slice of bread includes i) placing of said first slice of bread on a platen having a central portion and a pressure surface surrounding said central portion, and ii) depositing said food mass inwardly of said pressure surface of said platen; said step of pressing includes the pressing a portion of at least one of said bread slices toward said pressure surface of said platen to at least partially from said sealing region.

34. (New) The method as defined in claim 32, wherein said step of forming a food mass on said first slice of bread includes i) placing of said first slice of bread on a platen having a central portion and a pressure surface surrounding said central portion, and ii) depositing said food mass inwardly of said pressure surface of said platen; said step of pressing includes the pressing a portion of at least one of said bread slices toward said pressure surface of said platen to at least partially from said sealing region.

35. (New) The method as defined in claim 33, wherein said step of pressing includes moving an upper pressure plate having a cutting edge and a lower pressure surface toward said pressure surface of said platen until said cutting edge at least partially contacts said pressure surface of said platen, said lower pressure surface including spaced projections that create said plurality of said depressions in at least one of said slices of bread, said lower pressure surface being spaced from said pressure surface of said platen when said cutting edge at least partially contacts said pressure surface of said platen, said cutting edge at least partially cutting off a portion of said outer perimeter of said bread slices when said cutting edge at least partially contacts said pressure surface of said platen.

36. (New) The method as defined in claim 34, wherein said step of pressing includes moving an upper pressure plate having a cutting edge and a lower pressure surface toward said pressure surface of said platen until said cutting edge at least partially contacts said pressure surface of said platen, said lower pressure surface including spaced projections that create said plurality of depressions in at least one of said slices of bread, said lower pressure surface being spaced from said pressure surface of said platen when said cutting edge at least partially contacts said pressure surface

of said platen, said cutting edge at least partially cutting off a portion of said outer perimeter of said bread slices when said cutting edge at least partially contacts said pressure surface of said platen.

37. (New) The method as defined in claim 35, wherein at least one of said bread slices includes a crust, said cutting edge substantially cutting off said crust when said cutting edge at least partially contacts said pressure surface of said platen.

38. (New) The method as defined in claim 36, wherein at least one of said bread slices includes a crust, said cutting edge substantially cutting off said crust when said cutting edge at least partially contacts said pressure surface of said platen.

39. (New) The method as defined in claim 35, wherein at least partially cutting off a portion of said outer perimeter of said bread slices when said cutting edge at least partially contacts said pressure surface of said platen to form a sandwich having a substantially circular shape.

40. (New) The method as defined in claim 38, wherein at least partially cutting off a portion of said outer perimeter of said bread slices when said cutting edge at least partially contacts said pressure surface of said platen to form a sandwich having a substantially circular shape.

41. (New) The method as defined in claim 25, including the step of sealing said sandwich in a substantially air tight package.

42. (New) The method as defined in claim 40, including the step of sealing said sandwich

in a substantially air tight package.